

Below are the **April 2018** HealthQuest announcements to share with your employees. Please ask supervisors to provide this information to employees who do not use email. Thank you very much!



Important News From HealthQuest

From Wednesday **April 11 – 25** log your Fruit and Veggie intake to earn HealthQuest credits!
Your goal is to eat 3 servings of vegetables and 2 servings of fruits daily for 5 out of 7 days.
Completion of both weeks will result in 2 HealthQuest credits.
To join the challenge – log on to the HealthQuest portal and use the challenge bar to sign up.

<https://kansashealthquest.cernerwellness.com>



National Walk @ Lunch Day – April 25th

The day is designed to encourage busy people like you to take a walk during your lunch break and start a healthy routine. Walking is one of the easiest and most effective forms of exercise and, when done briskly and on a regular basis, 30 minutes of walking can:

- Decrease the risk of heart attack, stroke and type-2 diabetes
- Improve muscle tone and bone health
- Lower the risk of dying from hypertension
- Reduce stress

Blue Cross and Blue Shield of Kansas and its employees will be hosting organized walks in these locations: Dodge City, Garden City, Hays, Hutchinson, Independence, Lawrence, Manhattan, Pittsburg, Salina, Topeka, and Wichita

2018
April
Ergonomics

5 Minute Posture Moment

Good posture is about more than standing up straight. Maintaining proper posture can prevent pain, injuries, and other health problems. Whether you work at a desk or you're on your feet for hours, here are a few quick tips for improving your posture:

- 1. Start Stretching** - Gently stretch your muscles throughout the day to relieve tension.
- 2. Hit the Floor** - While in your chair, make sure your feet touch the floor so that your hips and feet create a 90 degree angle.
- 3. Stay Relaxed** - Relax your shoulders, make sure they are not rounded or pulled backwards.
- 4. Get Support** - Use a back pillow to support your lower back's curve. This will help you sit straight.
- 5. Keep Moving** - Take quick walks around the office when you can. If you don't need a computer for a meeting, walk and talk with your co-worker.



Move Better, **Breathe Better**, Feel Better, Live Better

Quarter 2 – Breathe

April 18th Wednesday @ 3:00 PM – Financial Planning for Life
May 15th Tuesday @ 3:00 PM – Connecting Mind and Body for Healthy Living
June 21st Thursday @ 3:00 PM – Learning to Relax

Financial Planning For Life

Financial goals are the specific long- and short-term objectives to be attained through financial planning and management efforts. Among personal financial goals are things such as: 1) financial security 2) travel 3) education planning 4) retirement planning and 5) estate planning. Being able to succeed in reaching these goals requires a structure and plan with appropriate milestones, along with the ability to make adjustments along the way.

Register today! If you are interested but cannot attend the webinar, be sure to register and a recording will be sent following the webinar. <https://register.gotowebinar.com/register/325206240085001987> Or if you only have 5-10 min check out the On-Demand Trainings at www.guidanceresources.com (Company ID: SOKEAP). These short training modules include fun, interactive features, and help you build practical skills to deal with real-life challenges. OnDemand trainings are worth 1HQ credit.



Activate your benefit today at myrxss.com

The Simple Truth About Changing Prescriptions

Imagine discovering you can save \$100 per month on that medication. You are excited and start thinking of all the things you can put that money toward from now on. The only thing standing between you and more money is getting a new prescription for that cheaper but equally effective drug. Should be a no-brainer, right?

Yet some people perceive the process of getting a new prescription as scary. They are too busy. It is too confusing. They would rather not mess with it, or they put it off unnecessarily.

In reality, requesting a new prescription is pretty simple. All you need to do is contact your physician's office with the following:

- The name of the new drug
- Its strength and quantity
- The pharmacy where you'd like it dispensed

Sure, it does not always happen overnight. Medical practices are busy places. Chances are you will leave the request on a voicemail. It may take a couple of follow-up calls or emails. And you will want to confirm with your chosen pharmacy that the new script was called in.

But it is an effort worth making, because every day we see members saving hundreds of dollars or more per year by following our proposed savings suggestions.

Have you seen how much Rx Savings Solutions can save YOU? (We'll help you change prescriptions too!)

Naturally Slim Class #1 Completers – Credits will Post by May 4th!

GuidanceResources®



Time to Plan for Summer Camp

It's time to start thinking about summer camp for your kids. Many of the most-popular camps begin taking applications as early as March, so it's important to act quickly to secure a spot before they're all filled.

Call Your GuidanceResources® Program for Help 1-888-275-1205 Option 1

Whether you are looking for a day camp, overnight camp, a specialty camp for drama, sports, language, computers, music or survival skills, or a camp for a child with special needs, we're here to help. Tell us what you're looking for, and we'll provide you with three to five listings that match your request. Each screened referral includes:

- Program description
- Contact information
- Details on camp tuition

The camp may not be free, but our help with finding one is. **Don't Miss Out!** Keep in mind that spaces fill up quickly, and camps may not guarantee a spot until they've received your application and fees (if any). So call your GuidanceResources program today and ask to speak to someone about summer camp referrals.



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